

*Beauty
Bon Vivant*

MAGAZINE



Welcome to Beauty Bon Vivant Magazine

Beauty Bon Vivant Magazine is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live!

Beauty & Fashion

Tips, trends, seasonal style advice, or product reviews.

Health & Wellness

Quick wellness routines, nutrition tips, or health articles.

Career & Finance

Professional growth strategies, budgeting tips, or money mindset.

Productivity & Prosperity

Tools and routines to boost focus and achieve abundance.

Travel & Leisure

Weekend getaways, cultural highlights, or travel hacks.

Home & Garden

Décor inspiration, DIY projects, or seasonal gardening advice.

Education & Entertainment

Book recommendations, streaming picks, or fun facts.

Rest & Relaxation

Mindfulness practices, spa ideas, or restful rituals.

Relationships & Recreation

Connection tips, social event ideas, or playful activities.

Food – Friendship – Fun!

Recipes, party themes, or hosting tips.

Games, Arts & Crafts

Creative challenges, DIYs, or hobby suggestions.

Inspiration & Innovation

Quotes, creative spotlights, or visionary tools.

Interpersonal Communication

Tips for clear, kind, and confident conversations.

Time & Stress Management

Scheduling systems, relaxation strategies, or balance tips.

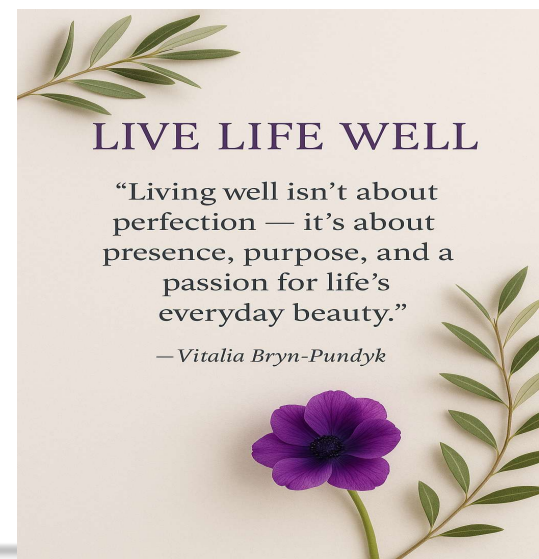
Goal-Achievement Strategies

Vision board prompts, habit hacks, or progress trackers.

Personal Passions & Pursuits

Spotlights on readers' hobbies, dream projects, or lifestyle adventures.

SPECIAL EVENTS PAGE:
[CLICK HERE to WEBSITE](#)



BEAUTY

Let Your Natural

Beauty Shine!

August is a wonderful time to embrace a lighter, more effortless approach to beauty.

Let your natural glow take center stage with fresh skin, soft color, and a little extra confidence.

Beauty doesn't have to be complicated—sometimes the most radiant look is simply you, feeling wonderful in your own skin.



QUICK TIP

Give your beauty routine a late-summer refresh!

Try a sheer lip color, a touch of blush, and a lightweight moisturizer for an easy, fresh-faced glow.

“Beauty shines brightest when *confidence* comes from within.”

Care for your skin. Love who you are. Shine every day.

FASHION

Late-Summer Style

August is the perfect month to enjoy the best of summer fashion while adding a hint of what's ahead.

Pair breezy dresses, lightweight tops, and colorful accessories with versatile pieces that can easily transition into cooler days.

The secret to effortless style?

Wear what makes you feel comfortable, confident, and completely yourself!



QUICK TIP

Create a "summer-to-fall" wardrobe by layering! Add a lightweight cardigan, denim jacket, scarf, or stylish wrap to your favorite summer outfits.

“

Style is simply another way of letting your *personality* shine.

– Unknown –

”

FASHION
LOVES...



WEAR WHAT
MAKES YOU
HAPPY



KEEP IT
COMFORTABLE
& CONFIDENT



ACCESSORIZE
TO EXPRESS
YOUR STYLE



LAYER WITH
EASE &
ELEGANCE



EMBRACE
YOUR UNIQUE
BEAUTY



Fashion fades, but style is eternal. Enjoy every beautiful moment!



HEALTH

Energize Your August!

August is filled with sunshine, activities, and opportunities to enjoy the outdoors. Keep your energy strong by giving your body what it needs—nutritious foods, plenty of water, daily movement, and restful sleep.

Small healthy choices made consistently can help you feel *stronger, brighter*, and ready to enjoy every beautiful summer day!



QUICK TIP

Try an August *energy* boost: start your morning with a glass of water, add colorful fruits or vegetables to each meal, and take a 15-minute walk outdoors.



“ Take care of your body today, and it will carry you toward all the *tomorrows* you dream about.

– Unknown –

”

Good health is the foundation for a beautiful life.
Nourish your body. *Love* your life!

Healthy choices create a beautiful life!



MORE ENERGY

Healthy habits fuel your body and mind.



STRONGER IMMUNITY

Good nutrition, rest, and hydration help you stay well.



BETTER MOOD

Moving your body and eating well boosts your mood naturally.



IMPROVED SLEEP

A rested body is a happier, healthier you.



ENJOY LIFE MORE

When you feel good, you can make the most of every day!

WELLNESS

Find Your August Balance

Wellness
is a journey,
not a race.
Be gentle
with yourself.

Summer can be wonderfully busy, but August is also a beautiful reminder to slow down and *savor* the season.

Create space for the things that restore you—quiet mornings, time outdoors, meaningful conversations, laughter, and moments when you simply do nothing at all.

True wellness is about finding a rhythm that leaves room for both *living fully* and *resting deeply*.



QUICK TIP

Create a daily "peaceful pause."

Set aside 10 minutes to step away from your phone, breathe deeply, stretch, sit outdoors, or simply enjoy the quiet.



Breathe



Rest



Reflect



Enjoy

Small moments. Big difference.

“

Balance isn't about doing everything—it's about making room for what matters most.

”



You deserve peace.

Choose balance. Live with intention.
Nourish your *mind, body, and spirit*.



You are worth it.

CAREER

Refresh Your Professional Spark!

August is a wonderful time to pause and think about where you're headed professionally. What excites you? What would you like to learn, improve, or accomplish before the end of the year?

You don't need to reinvent your career to feel renewed. Sometimes one new goal, fresh idea, or meaningful challenge is all it takes to *reignite your enthusiasm* and move forward with purpose.



QUICK TIP

Choose one "career refresh" goal for August. Update your résumé, learn a new skill, reconnect with a colleague, organize your workspace, or begin that project you've been postponing.



Dream



Learn



Grow



Achieve

BIG GOALS. BOLD MOVES. BRIGHT FUTURE.

“Your career grows when you continue to *grow* with it.”



INVEST IN YOU

Keep learning and showing up. You are your best investment.



BUILD CONNECTIONS

Relationships open doors and create opportunities. Nurture them!



WORK WITH PURPOSE

When your work aligns with your values, every day feels meaningful.

Stay inspired. Keep growing. Make an impact.

You've got this!

FINANCE

Save for Something Wonderful!

Saving money feels much more exciting when it's connected to something meaningful. Instead of thinking only about what you're giving up, think about what you're creating—a special vacation, a new home, financial security, or simply greater peace of mind.

Give your savings a *purpose*, and every dollar you set aside becomes a small step toward something *wonderful*!

Spend
joyfully.
Save
purposefully.
Live
beautifully.

QUICK TIP

Create a "Dream Fund."

Choose one goal that excites you, decide how much you'd like to save, and automatically transfer a small amount into your fund each week or month.

Small steps
Big dreams

“A little saved today can become something *wonderful* tomorrow.”

— Unknown —

TURN YOUR DREAMS INTO PLANS



Dream: What do you want?
Visualize your goal.



Save: How much & when?
Make saving automatic.



Plan: Map your path.
Stay consistent and flexible.



Enjoy: Celebrate the journey!
Every step brings you closer.

DREAM

Big dreams
start small.

SAVE

Little by little
adds up.

PLAN

A good plan
creates confidence.

ENJOY

Life is for
living!

Good financial habits today create a *beautiful* life tomorrow.

PRODUCTIVITY

Make Room for What Matters

Being productive doesn't mean filling every minute of your day. It means deciding what truly deserves your time and attention—and letting the rest wait.

This August, simplify your schedule, focus on your most important priorities, and leave some white space for sunshine, spontaneity, and fun. A productive life should still have plenty of *room for living!*



QUICK TIP

Try the "Top Three" rule. Each morning, choose the three most important things you want to accomplish that day. Complete those first, then consider everything else a bonus!



“Productivity is not about doing more—it's about making time for what *matters most.*”



FOUR REMINDERS FOR A PRODUCTIVE & HAPPY YOU



PRIORITIZE

Focus on what's important and let go of the rest.



FOCUS

Give your full attention to one thing at a time.



SIMPLIFY

Clear the clutter. Create space for what matters.



ENJOY

Celebrate small wins and enjoy the moment.



Do what matters.

Plan with intention. Focus with purpose.
Live with balance. Enjoy every moment!

Make time for what you love.



PROSPERITY

Notice Your Abundance

Abundance is all around when we choose to see it and celebrate it.

Prosperity is about more than money. It can be found in *good health*, *loving relationships*, *meaningful work*, new opportunities, *peaceful moments*, and the freedom to enjoy the life you're creating.

This August, take time to notice what is already flourishing around you. When you appreciate what you have while remaining open to what is possible, life begins to feel *wonderfully abundant*.



QUICK TIP

Start an "Abundance List." Each evening, write down three things that made your day feel rich—a meaningful conversation, a beautiful sunset, an opportunity, a kindness, or simply a moment of joy.



“ Prosperity begins when you recognize how much *richness* already surrounds you. ”

Choose gratitude.



APPRECIATE

Notice the beauty and blessings in your life.



FLOURISH

Nurture what matters and watch it grow.



RECEIVE

Be open to new blessings and possibilities.



SHARE

Give your gifts and abundance to others.



Abundance is not something we get. It's something we recognize, embrace, and enjoy every day.



Live abundantly.

TRAVEL

Take One More Summer Adventure!

You don't need an elaborate vacation to satisfy your wanderlust. Sometimes the best adventures are the ones close to home—a charming small town, a scenic drive, a lakeside retreat, or a place you've always meant to explore.

Before summer slips away, give yourself permission to *go somewhere new*, see something beautiful, and make *one more memory!*

QUICK TIP

Plan a "One-Tank Getaway." Choose a destination within a few hours of home, pack an overnight bag, create a fun playlist, and turn an ordinary weekend into a mini vacation.



EXPLORE
Seek new sights and experiences.



DISCOVER
Open your heart to the beauty around you.



WANDER
Follow your curiosity and embrace the journey.



REMEMBER
Collect memories that last a lifetime.



“ Sometimes the best memories begin with simply *deciding to go*.



Go somewhere that makes you *smile*, stay a while, and let your *soul breathe*.

Life is short—travel often!



Collect beautiful moments.



Say yes to new places, new people, and new memories.



LEISURE

The Art of Doing Nothing

Slow down.
Enjoy more.
Stress less.
Live well.
Love life.

When was the last time you enjoyed an afternoon with absolutely nothing on the agenda? Leisure isn't wasted time—it gives us permission to slow down, daydream, recharge, and simply enjoy being present.

This August, trade a little “busy” for *bliss*. Read on the porch, float by the pool, sip lemonade in the shade, or watch the clouds drift by. Sometimes doing nothing is *exactly what you need*.

QUICK TIP

Schedule a “No-Plans Afternoon.”

Put away your to-do list for a few hours and follow your mood instead. Nap, read, lounge outdoors, listen to music—or do absolutely nothing!

“ Sometimes the most productive thing you can do is simply *enjoy the moment.* ”

PAUSE

Step away from the rush and give yourself permission to stop.

UNWIND

Release the tension and let your body and mind relax.

DAYDREAM

Let your thoughts soar and your imagination wander.

SAVOR

Enjoy the little things that make life beautiful.

Simple Pleasures of Leisure

- ✓ A good book
- ✓ Warm sunshine
- ✓ Cool drinks
- ✓ Sweet company
- ✓ Beautiful views
- ✓ Time to breathe

Remember

Leisure isn't a luxury—it's a necessity. It fills your heart, renews your energy, and helps you live your best life.

Take time to do what makes your soul happy.

YOU DESERVE IT!

Relax
Refresh
Recharge

HOME DECORATING

Bring Summer Home

Home is
where your
heart is and
beauty lives
every day.

You don't need a major makeover to give your home a fresh seasonal feeling. A few thoughtful touches—flowers from the garden, lighter fabrics, colorful pillows, natural textures, or a pretty bowl of summer fruit—can instantly brighten a room.

Let your home reflect the relaxed beauty of August by creating spaces that feel *light, welcoming, comfortable, and uniquely you.*



QUICK TIP

Create a "Summer Refresh" vignette.

Choose one table, shelf, or corner and style it with fresh flowers, a favorite candle, a pretty tray, and one colorful accent.

Sometimes refreshing one small space can make the whole room feel new!



“A beautiful home isn't about perfection—it's about creating a place that *feels wonderful* to live in.”



”

FOUR WAYS TO BRING SUMMER HOME



REFRESH

Small changes create a fresh, new feeling.



BEAUTIFY

Add beauty with colors, textures, and nature.



WELCOME

Create spaces that feel warm, inviting, and comfortable.



ENJOY

Love the home you have right this moment.



Simple Ways to Refresh Your Home

- ♥ Add fresh flowers or greenery
- ♥ Swap in lighter fabrics
- ♥ Bring in pretty pillows
- ♥ Display summer fruit or candles
- ♥ Open the windows & let in the light
- ♥ Declutter & enjoy your beautiful space!



It's the little things that make a house a home.



*Surround yourself with what you love.
Create a home that tells your story
and fills your heart.*



*Grateful
Thankful
Blessed*



Refresh your spirit.



Beautify your space.



Welcome joy.



Enjoy every day.

GARDENING

Savor the Late-Summer Garden

A garden
is a friend
you can visit
any time.

August gardens have a beauty all their own—lush greenery, colorful blooms, ripening vegetables, and butterflies dancing from flower to flower. This is the perfect time to slow down and appreciate everything your garden has become.

Pick a bouquet, harvest something delicious, or simply sit among the flowers and enjoy the view. A garden is meant to be *enjoyed as much as it is tended.*



QUICK TIP

Give your garden an
August refresh!

- ♥ Deadhead faded flowers.
- ♥ Harvest vegetables regularly.
- ♥ Pull weeds.
- ♥ Water deeply during dry spells.
- ♥ Then cut a few favorite blooms and bring a little garden beauty indoors.



PLANT

Begin with a plan and a little bit of joy.



NURTURE

Care, water, and give love—your garden will thank you.



BLOOM

Enjoy the beauty of now—each bloom is a gift.



ENJOY

Pause, relax, and let your garden feed your soul.

August Garden To-Do List

- ☒ Water deeply and early
- ☒ Deadhead spent blooms
- ☒ Harvest vegetables
- ☒ Feed containers and beds
- ☒ Watch for pests & disease
- ☒ Mulch to hold moisture
- ☒ Sit back and enjoy!

Your garden is a reflection of your heart—
plant happiness, *nurture* dreams, and watch joy
bloom every day.

Plant

Nurture

Bloom

Enjoy

EDUCATION

Learn Something Just for You!

A curious mind
is a beautiful thing
that never
stops growing.

Learning doesn't have to happen in a classroom. Every new skill, book, conversation, class, or experience gives us an opportunity to expand our world and discover something new about ourselves.

This August, follow your curiosity. Learn something simply because it interests you—*no grades, no pressure, just the joy of discovering something new!*



QUICK TIP

Choose one "Just for Fun" learning adventure.

- ♥ Try a cooking class
- ♥ Learn a few words in another language
- ♥ Watch an educational documentary
- ♥ Explore photography
- ♥ Read about a fascinating subject
- ♥ Take an online course that sparks your curiosity

Today's Plan

- ☒ Read
- ☒ Learn
- ☒ Take Notes
- ☒ Ask Questions
- ☒ Be Inspired!

Curiosity
changes
everything.

“ Never stop learning—
curiosity keeps the mind
young and life
interesting. ”



EXPLORE

Be open to new ideas, places, and experiences.



LEARN

Keep challenging yourself in fun and meaningful ways.



DISCOVER

Find new passions and see the world from a new perspective.



GROW

Let learning help you become your best self.

Keep your *curiosity* alive
and your life will be full of *possibilities!*

♥ Explore ♥ Learn ♥ Discover ♥ Grow

Grow
Your Mind
& Your Life

Today
a reader,
tomorrow
a leader.

Invest in
your mind.
It pays the best
interest.

Little Ways to Learn Every Day

- ☒ Read a few pages
- ☒ Listen to a podcast
- ☒ Ask questions
- ☒ Try something new
- ☒ Share what you learn
- ☒ Teach someone else

Every day is
a chance to
learn something
amazing.

ENTERTAINMENT

☆ Movie Night Under the Stars

Turn an ordinary August evening into something memorable with your own outdoor movie night! A favorite film, comfortable seating, twinkling lights, tasty snacks, and good company are all you need.

Whether it's a romantic movie for two, a family favorite, or a comedy with friends, sometimes the *best entertainment happens right in your own backyard.*



QUICK TIP

Create a simple
Backyard Movie Basket
with everything you need!

- ♥ Popcorn (don't forget extra butter!)
- ♥ Candy & sweet treats
- ♥ Bottled drinks & sparkling water
- ♥ Cozy blankets & throw pillows
- ♥ Bug spray & citronella candles
- ♥ Glowie sticks or LED candles
- ♥ Tissue & napkins

Then dim the lights,
press play, and enjoy!

“ The best nights are
often made of simple things,
good company, and a
little bit of *magic*. ”



WATCH

Pick a movie
everyone will love
and press play.



LAUGH

Enjoy the story,
the moments, and
each other.



RELAX

Get comfy, unwind,
and let the stress
melt away.



ENJOY

Savor the night
and make sweet
memories!

Tonight's Feature
*Good Friends
Great Movie
Beautiful Night*

Grab a blanket,
get cozy, and
let the magic
begin!

POPCORN
&
GOOD TIMES

Movie Night Must-Haves

- ☒ Projector & screen
- ☒ Sound or portable speaker
- ☒ Comfy seating or floor cushions
- ☒ Blankets & pillows
- ☒ Snacks & drinks
- ☒ Bug protection
- ☒ Good vibes & great company!

Here's to warm nights, bright stars,
and unforgettable memories.

Watch ♥ Laugh ♥ Relax ♥ Enjoy

ADMIT ONE
TO A NIGHT TO
REMEMBER

Make
every summer
moment
one to
remember.



REST



Give Yourself Permission to Pause



Rest is not something you have to earn after everything else is finished. Your body and mind need quiet moments to restore energy, clear away mental clutter, and prepare you for whatever comes next.



This August, listen when your body asks you to slow down. A well-rested you has more energy to *enjoy the people, passions, and experiences that make life beautiful.*



QUICK TIP

Create a "Rest Ritual."
Choose one calming activity each evening.

- ♥ Dim the lights
- ♥ Put away your phone
- ♥ Enjoy a warm bath or shower
- ♥ Sip herbal tea
- ♥ Read a few pages
- ♥ Sit quietly for 15 minutes before bedtime



“ Rest is not time away from living— it is part of living well. ”



PAUSE

Step away from the busyness. Honor the need to slow down.



BREATHE

Take deep breaths. Let go of stress and invite calm into your day.



RESTORE

Give your body and mind the rest they need to recharge & heal.



RENEW

Wake tomorrow refreshed, renewed, and ready for new possibilities.



Rest

is the sweetest gift you can give yourself.



It's okay to slow down. The world will still be here tomorrow.

Evening Rest Checklist

- ☒ Today, I did my best
- ☒ I release what I cannot control
- ☒ I am grateful for today
- ☒ I choose peace over worries
- ☒ I will rest and renew
- ☒ I am enough, just as I am



Rest is not a luxury... it's a beautiful necessity.



You deserve rest, you deserve peace, you deserve you.



Pause ♥ Breathe ♥ Restore ♥ Renew



RELAXATION

Create Your Own Summer Escape

Make time
for the things
that make your
soul *happy*.

You don't have to travel far to escape from the everyday. Sometimes relaxation is as simple as transforming a few ordinary hours into something that feels special.

Put on your favorite music, pour a refreshing drink, settle into a comfortable spot, and give yourself permission to linger.

Your own backyard, patio, porch, or favorite chair can become the perfect little summer retreat.



QUICK TIP

Create a
"Mini Vacation Hour."

- ♥ Silence your phone
- ♥ Make a favorite summer beverage
- ♥ Play relaxing music
- ♥ Grab a book or magazine
- ♥ Spend one uninterrupted hour doing only what feels enjoyable

“Relaxation begins the moment you stop rushing and start *savoring*.”



ESCAPE

Step away from the ordinary and treat yourself.



UNPLUG

Disconnect to reconnect with yourself.



LINGER

No rushing—give yourself time to enjoy each moment.



SAVOR

Notice the beauty in the little things around you.

- Ideas for Your Mini Escape*
- ✓ Read a good book
 - ✓ Listen to the waves or birds
 - ✓ Enjoy a candle or favorite scent
 - ✓ Water the flowers & breathe deep
 - ✓ Sip something refreshing
 - ✓ Watch the sunset
 - ✓ Do absolutely nothing!

*You deserve a little escape—right where you are.
Slow down, breathe deep, and **enjoy** the moment!*

Escape ♥ Unplug ♥ Linger ♥ Savor

RELATIONSHIPS



Make Time for Together

Together
is my favorite
place to be.

Strong relationships are built in the little moments—a shared meal, an evening walk, a heartfelt conversation, or simply laughing together with nowhere else to be.

This August, put aside the schedules and distractions for a while and give someone you love your undivided attention.

The greatest gift we can give the people who matter most is often *simply our time.*



QUICK TIP

Plan a “Just Us” date.

Choose one person you care about—your spouse, partner, family member, or special friend—and plan something simple together.

- ♥ Take a sunset walk
- ♥ Share dessert on the patio
- ♥ Enjoy a picnic
- ♥ Sit by the water and talk

“ The best relationships are nurtured one meaningful moment at a time. ”



CONNECT

Be present.
Put away distractions and truly connect with each other.



LISTEN

Listen with your heart. Everyone wants to feel heard and valued.



LAUGH

Find the humor, share the joy, and create happy memories.



LOVE

Show appreciation and kindness every day in the little things.



Ideas for Quality Time

- ☒ Sunset stroll together
- ☒ Cook a meal together
- ☒ Picnic in the park
- ☒ Visit a farmer's market
- ☒ Game night or puzzle night
- ☒ Coffee & conversation
- ☒ Write a note of appreciation



Make *time* for the people who make your world more *beautiful.*



Connect ♥ Listen ♥ Laugh ♥ Love



RECREATION



Go Outside & Play!



Recreation doesn't have to be complicated or competitive. Sometimes it's simply about getting outside, moving your body, laughing, and doing something because it feels good.

This August, take advantage of the sunshine and try something playful—a bike ride, a paddle on the lake, a game of pickleball, a nature walk, or even a little backyard fun.

You're never too old to go outside and play!



QUICK TIP

Create a

"Summer Fun List."

Write down five outdoor activities you'd enjoy and choose one each week.

- ♥ Keep it simple
- ♥ Make it something YOU enjoy
- ♥ Invite a friend or family member
- ♥ Focus on FUN, not perfection
- ♥ Make memories along the way!

“ Play isn't just for children—it keeps the spirit young and life joyful. ”



”



MOVE

Get your body moving and feel the energy flow.



PLAY

Do something that makes you smile and laugh.



EXPLORE

Discover new places, try new things, and feed your soul.



ENJOY

Savor the sunshine, fresh air, and the simple pleasures.



Summer Fun Ideas

- ☒ Bike ride around the lake
- ☒ Paddle on the water
- ☒ Play pickleball or tennis
- ☒ Go for a nature walk
- ☒ Plant a flower pot
- ☒ Have a picnic outdoors
- ☒ Backyard game night
- ☒ Watch the sunset
- ☒ Do something spontaneous!



Good times tan lines & lake vibes!



Make time to play, laugh, and enjoy everything this beautiful season has to offer!



Move ♥ Play ♥ Explore ♥ Enjoy



FOOD

Taste the Colors of Summer!

August is a delicious time of year! Farmers' markets and gardens are overflowing with juicy tomatoes, sweet corn, crisp cucumbers, ripe peaches, berries, fresh herbs, and so much more.

Let nature do most of the work. Build meals around fresh seasonal ingredients, keep preparation simple, and enjoy the incredible flavors of summer while they last.

The prettiest plate is often the most colorful one!



QUICK TIP

Try a "Rainbow Plate."

Choose three or more colorful fruits or vegetables for your next meal.

- ♥ Toss together a garden salad
- ♥ Create a colorful veggie platter
- ♥ Serve fresh berries and peaches for an easy summer dessert



FRESH

Choose seasonal produce for the best flavor and nutrition.



COLORFUL

Eat the rainbow! More colors mean more vitamins, minerals & joy.



SIMPLE

Keep it easy. Let fresh ingredients shine with simple preparation.



DELICIOUS

Savor the flavors of summer and make every bite count.

Support
Local
Eat
Seasonal

Eat well,
live well,
be well.

FARM FRESH
GOOD FOOD
HAPPY LIFE

Fresh
Local
Delicious

“ Good food tastes even better when it's fresh, colorful, and shared with people you love. ”

Easy Summer Ideas

- ✓ Grilled veggies
- ✓ Fresh fruit salad
- ✓ Tomato & basil salad
- ✓ Corn on the cob
- ✓ Berry & peach parfait
- ✓ Herb-infused water
- ✓ Simple is best!

Savor the season, enjoy good food, and create delicious memories!

Fresh ♥ Colorful ♥ Simple ♥ Delicious

Good food brings people together.



• SUMMER RECIPE •

Fresh Garden Tomato & Sweet Corn Salad

SWEET, JUICY & SIMPLY DELICIOUS!



SERVES: 4-6



PREP TIME: 15 MINUTES

INGREDIENTS



- ♥ 3 cups fresh sweet corn kernels, cooked and cooled
- ♥ 2 cups garden tomatoes, chopped
- ♥ ½ cup cucumber, diced
- ♥ ¼ cup red onion, finely chopped
- ♥ ¼ cup fresh basil, sliced
- ♥ ⅓ cup crumbled feta cheese
- ♥ 2 tablespoons extra-virgin olive oil
- ♥ 1½ tablespoons fresh lime or lemon juice
- ♥ Salt and freshly ground black pepper to taste

DIRECTIONS



Combine the corn, tomatoes, cucumber, red onion, basil, and feta in a large bowl.

Drizzle with olive oil and citrus juice, season with salt and pepper, and gently toss.

Chill for about 20 minutes or serve immediately.

The best
summer recipes
begin with something
fresh from the
garden.



BBV QUICK TIP

For an extra-special touch, add diced avocado just before serving—or toss in grilled chicken to turn this colorful salad into a light summer meal.



BEAUTY
BON VIVANT
LIVE LIFE WELL!

FRESH

Pick garden-fresh ingredients.



COLORFUL

Eat a rainbow of goodness.



SIMPLE

Let natural flavors shine.



DELICIOUS

Savor every bite!



Enjoy the
flavors of
summer!



FRIENDSHIP

Celebrate Your Sunshine Friends!

Good friends
add *sunshine* to
ordinary days and
sparkle to
unforgettable ones.

Some friends have a special way of bringing sunshine wherever they go. They make us laugh, listen when we need to talk, cheer us on, and turn even the simplest get-together into a wonderful memory.

This August, celebrate the friends who brighten your life.

Friendship doesn't require a special occasion—sometimes being together is the occasion!



QUICK TIP

Plan a "Sunshine Friends" get-together.

Meet for iced coffee, share lunch on the patio, take a walk, browse a farmers' market, or invite a few friends over for appetizers and summer sips.

Keep it simple and let the conversation be the entertainment!



GATHER

Make time for the people who fill your heart.



LAUGH

Laughter is the best way to lift spirits and lighten hearts.



SHARE

Share stories, listen with care, and support each other.



CHERISH

Cherish the moments—they become beautiful memories.

True friendship multiplies the good in life
and divides the bad.

Gather ♥ Laugh ♥ Share ♥ Cherish



Friendship Ideas

- ✓ Host a brunch on the patio
- ✓ Go for a lakeside walk
- ✓ Try a new café together
- ✓ Visit a farmers' market
- ✓ Plan a girls' night in
- ✓ Share a favorite recipe
- ✓ Send a thoughtful note
- ✓ Simply call to say "Hi!"

FUN

Add a Little Playfulness to Your Day!

Fun doesn't always need to be planned. Sometimes the happiest moments happen when we say yes to something silly, spontaneous, or completely unnecessary—just because it sounds enjoyable!

Turn up your favorite song and dance, buy yourself an ice cream cone, blow bubbles, run through the sprinkler, take a funny photo, or watch the sunset from somewhere new.

Life feels lighter when we remember to play!



QUICK TIP

Create a "Just for Fun Jar."

Write simple, playful activities on slips of paper and place them in a jar. Whenever life feels a little too serious, pull one out and do it!

“Never get so busy growing up that you forget how wonderful it feels to have fun.”



SMILE

Look for the good in every day and let your smile shine bright.



PLAY

Give yourself permission to play. It keeps your heart young and happy.



LAUGH

Laughter is instant happiness shared with your soul.



ENJOY

Slow down, soak it in, and enjoy the little moments—those are the big ones.

SAY YES
TO MORE
OF WHAT
MAKES YOU
SMILE!

Make time for the things that make you happy.
Life is better when you're having fun!

Smile ♥ Play ♥ Laugh ♥ Enjoy

Play ♥ Laugh ♥ Compete ♥ Connect

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Beauty Bon Vivant

LIVE LIFE WELL!

BBV FUN & GAMES

Laugh • Think • Enjoy

A little laughter. A little challenge.
A lot of good vibes! ♥



HUMOR



Because laughter is the best accessory!



My summer
exercise routine?
I stretch...
from my
coffee cup to
the patio chair!



LIFE TIP: Don't sweat the small stuff...
Just add sunshine and a sense of humor!



JOKES

Summer smiles are the best kind!

♥ Q: Why did the sunglasses
go on vacation?

A: Because they needed
a little shade time!



♥ Q: What do you call a
snowman in August?

A: A puddle!



♥ Q: What do you get when
you cross a popsicle
and a dog?

A: A pupsicle!



BRAIN TEASERS

Give your brain a little workout!

1 What has keys but can't open locks,
has space but no room, and you can
enter but can't go inside?

(Answer at the bottom)



2 If you're running a race and pass
the person in 2nd place,
what place are you in now?

(Answer at the bottom)



3 I'm light as a feather, yet the
strongest person can't hold me
for more than a few minutes.
What am I?

(Answer at the bottom)



Answers: 1. A keyboard 2. Second place 3. Your breath



RIDDLES

Can you solve these summer riddles?



I shine all day but never get hot.
You need me for a perfect day.
What am I?



The more you take,
the more you leave behind.
What am I?



I have leaves, but I am not a tree.
I have pages, but I am not a book.
What am I?



Answers: 1. The sun 2. Footsteps 3. A notebook

Laughter is...

timeless, imagination has no age,
and dreams are forever.

— Walt Disney



BBV FUN FACT

Studies show that laughter
reduces stress, boosts your
immune system, and makes
life more enjoyable!
So laugh often and
live well!

Good friends. Good times. Great memories. ♥ That's the BBV way!

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LIVE LIFE WELL!

ARTS & CRAFTS

Press a Little Summer!

Gather 🦋 Press 🦋 Create 🦋 Treasure



August gardens are filled with beautiful blooms, and you can preserve a few favorites long after summer has faded.

Press a few delicate flowers or leaves inside a heavy book and let them dry completely.

Then let your creativity bloom! Turn them into bookmarks, greeting cards, framed art, gift tags, and more.

It's a simple way to turn a fleeting summer moment into something you can treasure.

QUICK TIP

For the prettiest results, choose fresh, flat flowers that are completely dry.

Pansies, daisies, lavender, cosmos, and small leaves are especially easy to press.



MINI PROJECT

Pressed Flower Bookmark

- 1 Arrange pressed flowers and leaves on a strip of sturdy cardstock.
- 2 Secure them with clear adhesive or laminate the bookmark.
- 3 Punch a hole at the top.
- 4 Thread a pretty ribbon or tassel through the hole.
- 5 Add a handwritten message and enjoy your beautiful bookmark!



INSPIRATIONAL QUOTE

"Creativity lets us preserve a beautiful moment and make it our own."

Helpful Hints for Pressing Flowers

- ♥ Use a heavy book and replace the paper every few days if possible to help flowers dry evenly.
- ♥ Choose blooms that are not too thick or juicy.
- ♥ Press leaves between paper, too—ferns and herbs look lovely!
- ♥ Store your pressed flowers in a cool, dry place until ready to use.



Craft
Memories
that Last

Create ♥ Inspire ♥ Enjoy ♥ Make Something Beautiful!

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LIVE LIFE WELL!

INSPIRATION

Follow What Lights You Up!

Notice ♥ Dream ♥ Create ♥ Follow

Collect
beautiful
moments.

The best
memories are
made when we
follow our
hearts.

Find beauty everywhere

Dream
Plan
Do

Things I want to...

- ♥ Travel more
- ♥ Learn something new
- ♥ Be kind
- ♥ Live with purpose
- ♥ Spend time in nature
- ♥ Create memories

Someday
is today.

collect
moments
not
things

Make
time for
what
matters.

Ideas & Dreams

- ♥ Write a book
- ♥ Take a cooking class
- ♥ Visit Italy
- ♥ Paint more
- ♥ Start my own business
- ♥ Help others

Be you.
Do you.
For you.

Inspiration
Collection

INSPIRATION

Inspiration often arrives quietly—in a beautiful sunrise, an unexpected conversation, a favorite song, a new idea, or something that simply makes you feel excited to be alive.

Pay attention to those little sparks. They may be pointing you toward something you want to explore, create, experience, or become.
The things that light you up can illuminate the path toward a more joyful life.

QUICK TIP

Start an "Inspiration Collection." Save favorite quotes, photographs, colors, ideas, places you'd like to visit, things you want to try, and anything else that makes you feel energized or hopeful.

Keep them in a pretty journal, folder, box, or digital album and revisit them whenever you need a little boost.

MINI INSPIRATION CHALLENGE

This week, choose one thing that inspires you and act on it.

- See a beautiful garden? Plant something.
- Discover an interesting idea? Learn more about it.
- Feel creative? Make something.
- Dream about somewhere new? Start planning.
- Think of someone special? Reach out.

INSPIRATIONAL QUOTE

"Follow what lights you up—it may be showing you where your heart wants to go."

Create
a life you
love.

REMEMBER

You don't have to see the whole staircase—just take the next inspired step.

♥ Notice the little sparks. Follow your heart. Live inspired! ♥

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LIVE LIFE WELL!

INNOVATION

Try a Better Way!

Simplify ♥ Create ♥ Improve ♥ Enjoy

Innovation isn't reserved for inventors and entrepreneurs. Every time you simplify a routine, solve a problem creatively, try a new tool, or ask, "Is there a better way to do this?" you're thinking innovatively.

This August, look at one part of your everyday life with fresh eyes. A small change in how you organize, work, cook, communicate, or manage your time could make life noticeably easier.

Big improvements often begin with one small idea.

One Better Way

- ☒ Simplify my routine
- ☒ Save time
- ☒ Reduce stress
- ☒ Create more joy
- ☒ Make it beautiful!

Yes, I can! ♥

Simplify



Automate

IDEA!

Organize

Make it Fun!

Delegate

Better Ideas
Better Life

Dream
Plan
Do
Repeat

Progress
not
Perfection

QUICK TIP

Try the "One Better Way" Challenge.

Choose one everyday task that feels inconvenient, repetitive, or outdated and ask:

- ♥ Can I simplify it?
- ♥ Automate it?
- ♥ Organize it?
- ♥ Delegate it?
- ♥ Make it more enjoyable?

Then experiment with just one small improvement this week.

Small steps create big change!

INNOVATION PROMPT

Finish this sentence:

"Life would be a little easier if I could find a better way to _____."

Now brainstorm three possible solutions – even silly ones! Sometimes the most creative ideas appear when we stop worrying about whether they're practical.

1

2

3



TRY NEW TOOLS

Innovation can be as simple as using something new that saves time or brings more joy to your day.

- ☒ New app or technology
- ☒ Time-saving gadget
- ☒ Creative kitchen tool
- ☒ Better storage solution
- ☒ Fresh approach or method
- ☒ A helpful habit
- ☒ A new perspective

New Ideas
Good Vibes

INSPIRATIONAL QUOTE

"Innovation begins with curiosity and grows with the courage to try something new."

INNOVATION MINDSET

- ♥ Be curious.
- ♥ Ask questions.
- ♥ Look for better ways.
- ♥ Take action.
- ♥ Learn and adjust.
- ♥ Celebrate progress!



REMEMBER

You don't have to reinvent the wheel. You just have to keep it turning in a better direction!

One small idea today can make tomorrow easier and brighter!

INTERPERSONAL COMMUNICATION

The Gift of Your Attention

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LIVE LIFE WELL!

Look ♥ Listen ♥ Connect ♥ Understand

Good communication builds strong relationships and a happier life.

In a world filled with phones, notifications, and endless distractions, giving someone your full attention has become something truly special.

Good communication isn't only about knowing what to say—it's also about making another person feel **heard, understood, and valued.**

Put away distractions, make eye contact, listen without planning your response, and allow the other person to finish their thought.

Sometimes the most meaningful thing you can say is nothing at all—just listen.

Put away distractions. Give the gift of your full attention.

Be present. Be kind. Make a difference.

In a world of distractions, attention is the new love.

QUICK TIP

Practice the "3 L's."



LOOK

Give the person your attention and make comfortable eye contact.



LISTEN

Focus on understanding instead of preparing what you'll say next.



LEAN IN

Show genuine interest by asking a thoughtful follow-up question.

The 3 L's show respect, build trust, and strengthen every relationship.

TRY THIS!

During one conversation today, put your phone completely out of sight and give the other person your undivided attention for *five minutes.*



Notice how different the conversation feels when you are truly present.

★ COMMUNICATION REMINDERS

- ♥ Listen to understand, not just to reply.
- ♥ Ask open-ended questions.
- ♥ Validate feelings and show empathy.
- ♥ Speak with kindness and clarity.
- ♥ Be mindful of your tone and body language.
- ♥ Share thoughts honestly and respectfully.
- ♥ Give others the grace you hope to receive.

Small moments of great communication create lasting connections.

INSPIRATIONAL QUOTE

"One of the greatest gifts we can give another person is our full attention."

WORDS THAT CONNECT

- ♥ I appreciate you.
- ♥ I understand.
- ♥ I'm here for you.
- ♥ Tell me more.
- ♥ Thank you for sharing.

Good communication is a two-way street

Speak from the heart.
Listen with the heart.
Connect with the heart.
Lead with love.

Listen
Connect
Understand

Be Present ♥ Be kind ♥ Be a good listener ♥ Build meaningful connections



TIME MANAGEMENT

Make Room for What Matters

Prioritize ♥ Simplify ♥ Schedule ♥ Enjoy

Good time management isn't about filling every minute—it's about making thoughtful choices about where your time goes.

Before summer slips away, take a look at your calendar. Are the things that matter most to you actually showing up there? Along with responsibilities, make room for relationships, relaxation, personal passions, and simple pleasures.

A well-managed life should have space for living!



QUICK TIP

Try the "3 Things" Rule

At the beginning of each day, choose just three priorities:

- ♥ **1 MUST DO**
Something important or time-sensitive.
- ♥ **1 SHOULD DO**
Something that will make life easier.
- ♥ **1 WANT TO DO**
Something enjoyable, meaningful, or simply for you.

Anything else you accomplish is a bonus!

AUGUST TIME CHALLENGE

Think of one thing you keep saying you'll do "when you have time."

Now put it on your calendar!

Treat that lunch with a friend, afternoon at the lake, creative project, date night, or quiet afternoon for yourself just as seriously as any other appointment.

Sometimes we don't find time—we make it.

PRIORITIES IN ACTION



PLAN WITH PURPOSE
Start each week with a plan that includes what matters most to you.



PROTECT YOUR TIME
Schedule your priorities first—then fit everything else around them.



LEAVE ROOM FOR JOY
Build in time for rest, fun, spontaneity, and the little things that make life sweet.

Balance is the secret to a beautiful life.

INSPIRATIONAL QUOTE

"Don't just manage your time. Make sure your time reflects the life you want to live."

TIME WELL SPENT

- ♥ Memories over things
- ♥ Relationships over rush
- ♥ Experiences over excuses
- ♥ Love over everything

Live intentionally!

DON'T FORGET TO...

- ✓ Take breaks
- ✓ Say no when needed
- ✓ Unplug and recharge
- ✓ Celebrate small wins

♥ Your time is your life. Make it count. ♥



STRESS MANAGEMENT

Press the Reset Button

Breathe ♥ Release ♥ Reset ♥ Restore

Stress has a way of building quietly. One more task, one more worry, one more obligation—and suddenly everything feels like too much.

When that happens, you don't always need to solve everything at once. Sometimes you simply need to interrupt the stress cycle long enough to regain perspective.

Step away, breathe deeply, move your body, get outside, or do something calming.

A few peaceful minutes can change the direction of your entire day.



QUICK TIP

TRY THE "5-MINUTE RESET"

When you feel overwhelmed, take just five minutes to reset your mind and body.

1 BREATHE



Slowly inhale and exhale. Focus on your breath.

2 MOVE



Stretch, walk, or shake out the tension.

3 UNPLUG



Put down your phone and step away from screens.

4 NOTICE



Look around and identify something beautiful or calming.

5 CHOOSE



Ask yourself: "What is the one thing I need most right now?"

Small pauses create big changes.

CREATE A PERSONAL "CALM LIST"

Write down five things that reliably help you feel more peaceful.



Listen to music



Take a walk



Garden or be outdoors



Read a good book



Meditate or pray



Call a friend



Sit by the water



Take a warm bath



Spend time with a pet



Do something creative

Keep your list somewhere visible so you don't have to figure out what to do when you're already stressed.

SIMPLE WAYS TO LOWER STRESS

- ♥ Focus on what you can control.
- ♥ Let go of perfection—good enough is enough.
- ♥ Say "no" to what drains your energy.
- ♥ Drink water and nourish your body.
- ♥ Get fresh air and natural sunlight.
- ♥ Practice gratitude daily.
- ♥ Laugh often and surround yourself with positive people.
- ♥ End your day with a calming ritual that helps you unwind.

INSPIRATIONAL QUOTE

"You can't always control what happens around you, but you can create moments of calm within you."

DAILY REMINDER

- ✓ I am doing the best I can.
- ✓ It's okay to take a break.
- ✓ I choose peace over pressure.
- ✓ I release what no longer serves me.
- ✓ I am enough, just as I am.

TAKE CARE OF YOU

You can't pour from an empty cup. Fill your cup with what restores you.

Breathe ♥ Release ♥ Reset ♥ Restore



GOAL-SETTING

Refresh Your Goals!

Dream it.
Choose it.
Begin it.

Dream ♥ Decide ♥ Focus ♥ Begin

You don't have to wait until January to set a new goal. August offers a natural opportunity to pause, look at how far you've come, and decide what you'd still love to accomplish before the year ends.

Maybe a goal you set months ago no longer matters—or perhaps there's a dream you're finally ready to pursue. Give yourself permission to revise, replace, or recommit.

Goals should inspire your future,
not tie you to your past.

New season.
New energy.
New goals.
Let's make the
rest of this year
amazing!



My One by Fall

My Goal: _____

Why it matters: _____

My first step this week: _____

I can. I will.
Watch me!

Small steps
create big
changes.



QUICK TIP

Choose Your "One by Fall"

Rather than creating a long list, choose ONE meaningful goal you'd like to accomplish or make significant progress on before fall.



What do I want?



Why does it matter to me?



What is one small step I can take this week?

Then write that first step on your calendar.

MINI GOAL REFRESH

Take a few minutes to sort your current goals into three categories.



KEEP IT

This still matters to me.



TWEAK IT

I want it, but my approach needs adjusting.



RELEASE IT

This no longer fits the life I want.

Letting go of an outdated goal isn't giving up—it can make room for something more meaningful.

GOAL-SETTING CHECKLIST

- ☒ I have chosen ONE meaningful goal.
- ☒ I know WHY it matters to me.
- ☒ I have identified my first small step.
- ☒ I have put it on my calendar.
- ☒ I will celebrate small wins along the way.
- ☒ I will stay flexible and kind to myself.
- ☒ I believe in my ability to make it happen!

Progress, not perfection,
is the goal.

TODAY'S REMINDER

Start where you are.
Use what you have.
Do what you can.

You are closer than
you think!

CELEBRATE YOURSELF!

Every step forward—no matter how small—is still progress.

You are creating
the life you love.

A goal becomes
more powerful
when it reflects
who you are
becoming—
not simply who you
were when you
set it.

Set your intention.

Take inspired action.

Create your best life!



GOAL-ACHIEVEMENT STRATEGIES

Turn Intention Into Action!



Plan ♥ Act ♥ Persist ♥ Achieve

A goal gives you direction, but consistent action creates results.
You don't need to accomplish everything today—
you simply need to keep moving in the right direction.

Break your goal into manageable steps, decide what you can do next, and celebrate progress along the way. Small actions may not feel dramatic, but repeated consistently, they can create remarkable results.

*Little by little, day by day,
you can get there!*



QUICK TIP

Use the "Next 3 Steps" ♥

Instead of looking at your entire goal and feeling overwhelmed, write down only your next three actions:

- STEP 1 – START:**
What can I do today?
- STEP 2 – CONTINUE:**
What comes next?
- STEP 3 – FOLLOW THROUGH:**
What will keep the momentum going?

Complete Step 1 before worrying too much about Step 10!

THE BBV SUCCESS FORMULA

CLARITY + ACTION + CONSISTENCY
+ FLEXIBILITY = PROGRESS

- CLARITY:** Know what you're working toward.
- ACTION:** Do something—even something small.
- CONSISTENCY:** Keep showing up.
- FLEXIBILITY:** Adjust when life changes.

The magic is in the combination!

WHEN MOTIVATION FADES...

Don't immediately abandon the goal. Instead, ask:

- ☒ Can I make the next step smaller?
- ☒ Do I need a different approach?
- ☒ Would accountability help?
- ☒ Do I need a break—or do I simply need to begin?

Sometimes momentum returns after you take action, not before.

INSPIRATIONAL QUOTE

"Success is rarely one giant leap—it is a collection of small steps taken in the same direction."

DAILY REMINDER

- ★ I choose my goals with purpose.
- ★ I take consistent action.
- ★ I stay flexible and open to change.
- ★ I learn, grow, and keep going.
- ★ I am creating the life I love!

TREAT YOURSELF

Acknowledge your progress—big or small.
You deserve credit for showing up and not giving up!

YOU'RE CLOSER THAN YOU THINK!

*Keep believing.
Keep going.
You're doing amazing!*

♥ Plan with purpose. Act with confidence. Persist with passion. Achieve your dreams! ♥



PERSONAL PASSIONS

*Do More of What
Makes You Come Alive!*

Discover ♥ Explore ♥ Create ♥ Enjoy

What makes you lose track of time? What could you talk about for hours? What leaves you feeling energized, curious, creative, or simply happy?

Our passions add color and meaning to life. Whether you love gardening, cooking, traveling, writing, decorating, dancing, photography, fashion, music, volunteering, or learning something new, your interests deserve a place in your life.

*You don't need to be the best at something
to love doing it.*

*Passion
is the
fuel that
makes life
beautiful.*

*Do what
you love.
Love what
you do.*

My Passions

- ♥ Bring me joy
- ♥ Spark my creativity
- ♥ Help me grow
- ♥ Connect me to others
- ♥ Give me purpose
- ♥ Make life richer and more meaningful

Ideas I Want to Explore

*You are
never too busy
for the things
that light up
your soul.*

ADVENTURE
AWAITS

*Ideas
Inspiration
Dreams*

August

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12			15	16
17	18	19			23	23
24	25	26	27	28	29	

*Passion
Date!*

Recipes to Try

Lavender Lemon Cake
Fresh Berry Tart
Caprese Salad
Homemade Pasta

*Passion
changes everything.*

*Design
Create
Express*

*Music
Feeds My Soul*

QUICK TIP

Schedule a "Passion Date" ♥
Choose one hour this week devoted entirely to something you love.



PUT IT ON
Your calendar and protect that time.



LET GO OF
Shoulds, chores, and other obligations.



SIMPLY BE
Explore • Create
Learn • Enjoy

*Your passion time is
a gift to you!*

REDISCOVER A FORGOTTEN PASSION

Think back to something you once loved but haven't done in a long time.



What did I love doing as a child?



What hobby have I always wanted to revisit?



What am I curious about right now?



What would I try if I didn't have to be good at it?

*An old passion is simply
waiting to be rediscovered.*

WAYS TO NURTURE YOUR PASSIONS

- ♥ Keep a "Passion List" and add new ideas.
- ♥ Give yourself permission to experiment.
- ♥ Start small—just 15 minutes can spark joy.
- ♥ Join a class or group to learn something new.
- ♥ Surround yourself with people who inspire you.
- ♥ Celebrate your progress—big or small!
- ♥ Remember: Joy is productive!

*You don't need
more time.
You need more
intention.*

INSPIRATIONAL QUOTE

*"Make room for the
things that make you
feel most alive—they are
part of what makes your
life uniquely yours."*

TODAY'S REMINDER

Life is not just about checking things off your list. It's about filling your days with the things that fill your heart.

DON'T FORGET...

- ✓ Do something that inspires you.
- ✓ Follow your curiosity.
- ✓ Make memories.
- ✓ Have fun!
- ✓ Love your life! ♥

*Passion
Purpose
Joy*

Follow your passion. Honor your joy. Live your best life!



PERSONAL PURSUITS

Make Yourself a Priority!

Explore ♥ Learn ♥ Create ♥ Become

A personal pursuit doesn't have to be impressive or productive. It's something that feeds your soul, expands your world, and brings you joy.

You are allowed to pursue something simply because it matters to you.

*Your dreams. Your time. Your journey.
Make it yours.*

Today is
a beautiful day
to do something
just for ME.

My Something for Me

Before this year ends,
I would love to _____
just for me.

What is one small step
I can take this month?

LEARN

Something I'd
like to know
or master.



EXPERIENCE

Something I'd
love to see,
do, or try.



CREATE

Something I'd
enjoy making,
building, or
beginning.



Ideas

PERMISSION SLIP

I give myself permission to:

- ♥ Try something new.
- ♥ Change my mind.
- ♥ Be a beginner.
- ♥ Spend time on myself.
- ♥ Do something simply because it brings me joy.

QUICK TIP

Choose Your "Something for Me"

Complete this sentence:

Before this year ends,
I would love to _____
just for me.

Don't overthink it.
Write the first thing that
comes to mind.

Then ask:
What is one small step
I can take this month?

CREATE A PERSONAL PURSUIT LIST

Give yourself three categories.
Choose one and take the
first step.



LEARN

Something I'd like to
know or master.



EXPERIENCE

Something I'd love to
see, do, or try.



CREATE

Something I'd enjoy
making, building, or
beginning.

IDEAS TO INSPIRE YOU

- ♥ Take a class or workshop.
- ♥ Travel to a new place.
- ♥ Learn a new language.
- ♥ Start a garden or plant something.
- ♥ Write in a journal or start a blog.
- ♥ Pick up a camera and capture beautiful moments.
- ♥ Volunteer for a cause you care about.
- ♥ Join a club or a social group.
- ♥ Learn to cook a new cuisine.
- ♥ Dance, sing, or play an instrument.
- ♥ Create art, crafts, or DIY projects.
- ♥ Read more. Dream bigger.
Live with intention.

Be your
'own kind
of beautiful.

INSPIRATIONAL QUOTE

*"Your life is your
greatest adventure—
make sure some of
the journey belongs
entirely to you."*

TODAY'S REMINDER

You deserve time for the things
that matter to your heart.
Make the choice today to
invest in your own happiness.
You are worth it!

A NOTE TO YOU

You can't pour from
an empty cup.
Nurture your passions,
pursue your dreams, and
become your best self.

*Life is short.
Make it meaningful.
Make it yours.*

♥ Follow your passions. Pursue your purpose. ♥ Live a life you love. ♥



LIFESTYLE ADVENTURES

Say Yes to Something New!

Explore ♥ Experience ♥ Discover ♥ Remember

Adventure doesn't always require a passport, plane ticket or weeks of planning. Sometimes it's simply choosing to experience your familiar world in a new way.

A little change of scenery can create a whole new state of mind.

Go Somewhere
Try Something
Make a Memory!



Explore

Discover

Enjoy!

My Adventure Menu

1 Hour

- ☒ Coffee somewhere new
- ☒ Sunset walk
- ☒ Visit a local shop
- ☒ Outdoor concert
- ☒ Try a new café
- ☒ Enjoy a lake cruise

1 Day

- ☒ Road trip
- ☒ Festival
- ☒ Museum
- ☒ Farmers market
- ☒ Picnic
- ☒ Boat ride
- ☒ Winery tour

1 Weekend

- ☒ Cabin getaway
- ☒ Spa retreat
- ☒ New city
- ☒ Girls' weekend
- ☒ Scenic drive
- ☒ Beach or lake house
- ☒ Nature adventure

Add more adventure to your life!

Collect
Beautiful
Moments

AUGUST ADVENTURE CHALLENGE

Before summer ends,
do one thing you'll still
be talking about this fall!

QUICK TIP

Try the "Mini Adventure" Rule
Once a month, choose one experience
you've never tried before.



LOCAL – Explore
somewhere nearby.

SOCIAL – Invite someone
to join you.

SPONTANEOUS – Do something
you didn't plan weeks in advance.

JUST FOR FUN –
No productivity required!

The goal isn't to do something
extraordinary, it's to break routine
and make *new* memory.

WHY LIFESTYLE ADVENTURES MATTER

- ☒ They add joy, excitement and variety.
- ☒ They reduce stress and boost energy.
- ☒ They help you see life with fresh eyes.
- ☒ They create stories to share.
- ☒ They remind you that life is happening now!

INSPIRATIONAL QUOTE

*"You don't have to escape
your life to have an adventure —
you simply have to step
beyond your routine."*

ADVENTURE CHECKLIST

- ☒ Say "yes" more often!
- ☒ Try a new place, food or activity.
- ☒ Explore the outdoors.
- ☒ Learn something new.
- ☒ Spend time with people you love.
- ☒ Take photos and make memories.
- ☒ Enjoy the journey!

PLAN YOUR NEXT ADVENTURE

♥ Dream it.
♥ Put it on the calendar.
♥ Gather your friends.
♥ Go for it!

♥ Live boldly. Explore often. Make life your greatest adventure! ♥



Beauty Bon, Vivant, LLC

Live Life Well!

BBV

NEXT LEVEL

Lifestyle

MEMBERSHIP CLUB

Discover a world of luxury and personal growth at Beauty Bon Vivant. Immerse yourself in exclusive workshops and rejuvenating retreats tailored to elevate your mind, body, and soul.

Become a member today to unlock a treasure trove of benefits and gain access to our coveted special events. Embrace a life of sophistication and fulfillment with BBV as your guide to a more vibrant and enriched lifestyle.

Live the life you love and love the life you live with special curated carte blanche personal enrichment workshops that help you to live life well!

Vitalia Bryn-Pundyk
"Beauty Bon Vivant"



Note: *We offer 4 different Membership Levels, each with their own exclusive benefits and events.*

So, whether you join us for our monthly on-line Coffee Connections and Cocktail Conversations, or our quarterly curated lifestyle mini Lunch & Learn Webinars and in-person half-day workshops, we look forward to welcoming you to our BBV Community.

For more info and membership details, go to:

www.beautybonvivant.com

Questions? – Contact Vitalia directly at:

Phone: (952) 221-1701 or

Email: vitalia@beautybonvivant.com





Become a member of the Sisterhood Sorority!

- *Are you a woman with a busy life?
- *Are you seeking stronger feminine connections?
- *Do you seek more work and play balance?
- *Do you yearn for more fun but need to plan it into your schedule?

If you answered yes, to any of these questions, then we invite you to join the Sisterhood Sorority – a **FREE** women's social & adventure club designed to foster more friendships, fulfillment, and fun!

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Questions?

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Phone: (952) 221-1701 or Email:
Vitalia@beautybonvivant.com

Vitalia Bryn-Pundyk
Founder of Sisterhood Sorority, LLC



See Membership Enrollment Details & Benefits Below!

Membership includes:

Invitations to Monthly “in-person” social connects.*

*Note: Monthly “in-person” social connects may incur additional fees for various food, transportation, lodging, admission, or ticketed events. These are well-organized, planned outings, such as: field trips, dinners, lunches, brunches, movies, game nights, museums, art exhibits, theater, sports, concerts, fairs, etc.... and will occur on various dates. Every effort will be made to provide at least a 2-3 month notice detailing upcoming “social connections.” We look forward to having you join us for as many as you can!

May your days be filled
with *beauty* and your
moments with *gratitude*.

— UNKNOWN



Beauty Bon Vivant



Monthly Message from Vitalia

Thank you for reading! Stay inspired, stay beautiful. Live life well!



As August reminds us that summer doesn't last forever, I hope this issue inspires you to savor the sunshine, embrace a little adventure, make time for what brings you joy, and create memories with the people you love. Remember, living well isn't about doing more — it's about enjoying more of what truly matters. Here's to making the most of every beautiful moment!

Live Life Well! ♥

- Vitalia Bryn-Pundyk (Founder & C.E.O)

Come join our community - There are many ways to connect!



Subscribe to our free monthly newsletter, "The BBV E-zine."

Beauty Bon Vivant Magazine (BBV E-zine), is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live! - www.beautybonvivant.com

Become a Member of BBV

Next Level Lifestyle Membership Club offering curated carte blanche personal enrichment workshops and weekend retreats. Note: We offer 4 different levels of membership with exclusive event invitations for each! -

www.beautybonvivant.com

Become a member of the Sisterhood Sorority! - www.beautybonvivant.com

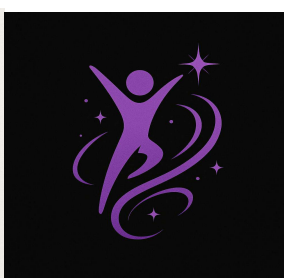
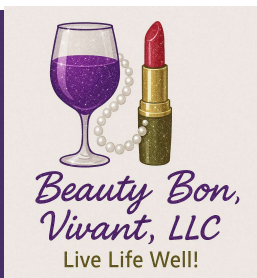
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If you answered yes, to any of these questions, then we invite you to join the [Sisterhood Sorority](#) - a FREE women's social & adventure club designed to foster more friendships, fulfillment, and fun!

Schedule time with Vitalia! - Call (952) 221-1701 or Email: vitalia@beautybonvivant.com

- *One-on-one weekly/monthly in-person and/or zoom coaching sessions.
- *Friendship Friday.
- *Customized VIP Day.
- *Lunch & Laughter.
- *Coffee Connections and/or Cocktail Conversations.
- *Girlfriend Gatherings.

Please visit us at www.beautybonvivant.com





“

Make time for
growth, gratitude,
creativity, and joy.
Life becomes more
meaningful when we
intentionally create
beautiful moments
along the journey.



— Vitalia Bryn-Pundyk

One day
at a time.
One step
at a time.



Plan
Your Dreams
Live
Your Purpose



Today I am
Grateful For



- ♥ My health
- ♥ My family & friends
- ♥ New opportunities
- ♥ Small moments
- ♥ Big dreams



Notes from
the Heart



I am becoming
the best version
of myself.



Enjoy
the little
things



LIVE BEAUTIFULLY

CHOOSE JOY

FOLLOW YOUR HEART

Believe

